

# Activity Breaks

Quick & Easy Physical Activities



Brought to you by the

***Maricopa County Office of Nutrition and Physical Activity***

# Directions:

This booklet is broken down into weekly exercise routines for the year. Each routine includes five (5) very simple exercises that staff can do while standing (blue) in front of their desk or sitting (green) in a chair. We suggest using these exercises 2-4 times a day when possible.

## Week 1

Repetitions	Activity Break Routine: <u>Standing</u>
10	Tap right toes in front, to the side, then back
10	Tap left toes in front, to the side, then back
10	Touch: toe then knee then overhead
10	Jump while turning around in a circle
10	Knee lifts

## Week 2

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Hands on hips, criss-cross legs in and out
10	Left leg pointed out, write A-M with big toe
10	Right leg pointed out, write N-Z with big toe
10	Touch opposite elbow to knee
10	Arms forward, criss-cross over and under

## Week 3

Repetitions	Activity Break Routine: <u>Standing</u>
10	Right leg lift to the side
10	Left leg lift to the side
10	Hands on hips, knee lifts
10	Hands on hips, step right then step left
10	Stand up sit down quickly

## Week 4

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Lift right leg and make ankle circles
10	Lift left leg and make ankle circles
10	Lift left leg, clap under leg, repeat with right leg
10	Sit in chair, hold seat and pull knees to chest
10	Raise and lower heels

## Week 5

Repetitions	Activity Break Routine: <u>Standing</u>
10	On tip toes – lift and lower
10	Kick your heels up to tap your bottom
10	Hands together over head, slowly lower and raise
10	Arms out, raise right toes to ceiling, hold and balance
10	Arms out, raise left toes to ceiling, hold and balance

## Week 6

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Touch toes, then knees, then over head
10	Alternate: Touch left toe with right hand then right toe with left
10	Right leg kick forward
10	Left leg kick forward
10	Hold chair, pull knees to chest

## Week 7

Repetitions	Activity Break Routine: <u>Standing</u>
10	Alternate: Touch opposite hand to foot
10	Touch: Toe then knee then shoulder
10	Hands on hips, hop on both feet
10	Balance on left foot
10	Balance on right foot

## Week 8

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Touch toes, then knees, then over head
10	Stand up, jump and sit down
10	Opposite elbow-to-knee touch
10	Hands on shoulders, squeeze & touch elbows together
10	Upright posture & hands on shoulders, gently twist at the waist

## Week 9

Repetitions	Activity Break Routine: <u>Standing</u>
10	Hands on hips, hop on both feet
10	Hands on hips, squeeze abs then lift left knee then right
10	Kick your heels up to tap your bottom
10	Jump and shake your whole body
10	Feet together, hop on one foot and then the other

## Week 10

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Touch toes, then knees, then over head
10	Lift left leg, clap under leg, lower, repeat
10	Lift right leg, clap under leg, lower, repeat
10	March feet and punch arms over head
10	Sit up tall, reach and touch toes

## Week 11

Repetitions	Activity Break Routine: <u>Standing</u>
10	March in place and punch arms out front
10	Hands on hips, step left then right, fast
10	Jump and shake your whole body
10	Arms overhead-move arms far left, then right
10	Bend forward & reach for toes, hold

## Week 12

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Punch arms up above shoulders
10	Right leg kick forward
10	Left leg kick forward
10	Hands on hips, gently bend side-to-side
10	Hands on shoulders, squeeze & touch elbows together

## Week 13

Repetitions	Activity Break Routine: <u>Standing</u>
10	March in place and punch arms out front
10	Jump in place
10	Jump while turning around in a circle
10	Jump and shake your whole body
10	Sit on the floor and try to touch your toes



## Week 14

<b>Repetitions</b>	<b>Activity Break Routine: <u>Sitting</u></b>
<b>10</b>	<b>Alternate, lift leg and clap underneath</b>
<b>10</b>	<b>March feet and punch arms overhead</b>
<b>10</b>	<b>Alternate: Touch left toe w/right hand then right toe w/left without bending your legs</b>
<b>10</b>	<b>Hands on hips, criss-cross legs in and out</b>
<b>10</b>	<b>Arms out from sides: Make giant circles, reverse &amp; make small circles.</b>

## Week 15

<b>Repetitions</b>	<b>Activity Break Routine: <u>Standing</u></b>
<b>10</b>	<b>Alternate: touch opposite hand to foot</b>
<b>10</b>	<b>March in place and punch arms out front</b>
<b>10</b>	<b>Hands on hips, touch right toe, lift up, touch left toe</b>
<b>10</b>	<b>Pretend jump rope</b>
<b>10</b>	<b>Arms overhead – move arms far left, then right</b>

## Week 16

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Take a big breath in and slowly blow it out
10	Touch, toes, then knees, then overhead
10	Use right leg only, stand up, sit down
10	Use left leg only, stand up, sit down
10	Sit in chair, hold seat and pull knees to chest

## Week 17

Repetitions	Activity Break Routine: <u>Standing</u>
10	Stick your right foot out and shake it
10	Stick your left foot out and shake it
10	Jump and shake your whole body
10	Spread legs, point toes out, lower & lift
10	Stand on tip toes, hold

## Week 18

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Take in a deep breath and slowly blow it out
10	Arm circles forward
10	Arm circles backward
10	Seated in chair make right ankle circles
10	Seated in chair make left ankle circles

## Week 19

Repetitions	Activity Break Routine: <u>Standing</u>
10	March feet and punch arms overhead
10	Alternate: Right elbow to left knee & switch
10	Kick your heels up to tap your bottom
10	Take ten steps in a circle
10	On tip toes, hold

## Week 20

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Take in a deep breath and slowly blow it out
10	Arms forward, criss-cross over and under
10	Raise and lower heels
10	Stretch and touch left foot with both hands, repeat with right
10	Touch toes, then knees, then overhead

## Week 21

Repetitions	Activity Break Routine: <u>Standing</u>
10	Jump while turning around in a circle
10	Run in place
10	Pretend jump rope
10	Kick your heels to tap your bottom
10	Sit on the floor and try to touch your toes

## Week 22

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Hands on hips, criss-cross legs in and out
10	March your feet
10	Touch toes, then knees, then over head
10	Sit up tall, arms out to sides, use arms & make small circles
10	Hold chair, pull knees to chest

## Week 23

Repetitions	Activity Break Routine: <u>Standing</u>
10	Hands on hips, step right then step left
10	Left foot flexed, lift and lower leg
10	Right foot flexed, lift and lower leg
10	Squat as if sitting in a chair, hold
10	Bend, reach for your toes, hold

## Week 24

Repetitions	Activity Break Routine: <u>Sitting</u>
10	Right leg kick forward
10	Left leg kick forward
10	Lift left leg, clap under leg, lower, repeat
10	Lift right leg, clap under leg, lower, repeat
10	Punch arms above shoulders

## Week 25

Repetitions	Activity Break Routine: <u>Standing</u>
10	Alternate: Right elbow to left knee & switch
10	Hands on hips, step left then step right, fast
10	Stand up sit down, fast
10	Squat as if sitting in a chair, hold
10	Feet together, hop side-to-side

## Week 26

Repetitions	Activity Break Routine: <u>Standing</u>
10	Touch your head, shoulders, knees & toes.
10	Hands on hips, left leg knee lifts
10	Hands on hips, right leg knee lifts
10	Hand on hips, feet together, hop side to side
10	Hands on hips, lunge alternate left and right



For more information or resources, please contact Maricopa County Department of Public Health Office of Nutrition and Physical Activity:

Email: [nutrition@mail.maricopa.gov](mailto:nutrition@mail.maricopa.gov)

Phone: 602.506.9333; Choose option "3" then option "2"

Online: [www.eatwellmaricopa.com](http://www.eatwellmaricopa.com)

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Disclaimer: Please be advised the exercises hereunder may not be suitable for everyone, in every age, and this or any other exercise program may result in injury. To reduce the risk of injury all children should consult their doctor before beginning this or any exercise program. The exercises presented herein are in no way intended as a substitute for medical counseling.

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